



7. Thüringer Florena-Frauen-Lauf und 10. Erfurter Volkslauf  
Erfurt / 31.08.2008

Detailed evaluation

Kilb, Udo

Club: sc impuls erfurt  
Number: 198

Course: 12.00 km  
Volkslauf

Category:  
Männer M45

Total time: 1:01:54

Speed: 11.63 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 122 (of 193)

Rank in course/Men: 121 (of 184)

Best time in course: 41:33

Rank in category: 16(of 26)

Best time in the category: 50:13